



EXTRACTION POST-OPERATIVE ADVICE

After you have had a tooth out you should not rinse out for the rest of the day to allow the blood clot to set and for healing to start.

Discomfort

After your procedure there should be no immediate pain due to the local anaesthetic. Please take care not to bite the lip or tongue during this time.

You may feel some discomfort later on, so it may be best to take a painkiller like paracetamol or Ibuprofen for a few days. Take the first one straight away, before the numbness of the local anaesthetic has worn off.

Bleeding

If the socket should bleed later, take one of the gauze swabs provided or a cotton handkerchief, and fold it so that it can be placed tightly over the socket. Apply firm pressure, either by biting or using your finger to push. The pressure should be maintained for at least seven minutes.

Some slight seepage of blood is normal, but if you have applied pressure for three or four seven-minute periods and blood is still flowing from the socket, you should contact the dental surgery for advice, or go to your local A&E (accident and emergency centre).

Avoid alcohol on the day of an extraction.

Healing

Sometimes you may experience some swelling after an extraction. The swelling reaches its maximum 2-3 days after surgery and should resolve 7-10 days after surgery.

Sometimes there is a delay in healing of the extraction area (often called a dry socket). The symptoms are continued severe pain, redness and swelling. If this happens you should ring the dental surgery and come back for us to place a dressing in the socket to aid the healing. It is impossible to say who will get a dry socket, although it is known that smokers are affected more.

Oral Hygiene

The next day start rinsing your mouth with hot salty water that has previously been boiled and swish it around your mouth for about a minute, 3-4 times daily. Continue this for at least 3-4 days, longer if required.

Keep your teeth clean with gentle tooth brushing; a tooth brush can be softened under a hot tap. The cleaner the mouth is kept the quicker the wound will heal.

Occasionally, we may recommend rinsing with Chlorhexidine Gluconate (Corsodyl) mouthwash. We will tell you if we think this would be helpful. Use a cap full and swish it around the mouth for one minute, twice daily for about three days. This will help reduce plaque whilst tooth brushing is difficult.

Diet

Your mouth opening may be a little restricted for about a week, this will be dependent on the region of your dental extraction. Use your own discretion, starting with soft foods, try eating on the other side and start eating normally as soon as you feel able.

Advice

If you experience any problems, are worried or the pain does not improve, please telephone for advice. We are here to help. (0131 226 3725).

Questions?

Please do not hesitate to get in touch.

Edinburgh Dental Studio
6 Randolph Pl, Edinburgh EH3 7TE
0131 226 3725